



Soups On, Safari Style

Warm up this winter with a delicious bowl of soup. Soup is always a great meal for any time of day because it is virtually an entire meal in one bowl. Depending on the flavor you choose, soups usually contain lots of veggies, meat and noodles, this is a great combination. The Nutrition Safari loves to enjoy their favorite soups after a long fun day of sleigh riding.

Lincoln/Ambrose Elementary School January

Fruit & Veggie Of The Month



Mushrooms

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
 All Products in our program have Zero Trans Fats!
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
 All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
 Our Ketchup is High Fructose Corn Syrup Free!
 We offer Only Low Fat Cheeses and Condiments!
 Vegetables are always fresh and crisp!
 Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
 10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.
 Visit www.Whitsons.com

LUNCH PRICES	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

ALL STUDENT LUNCH INCLUDES
Skim Milk, 1% Milk or Strawberry, Low Fat Chocolate Milk 100% Orange Juice

Lunch Alternatives
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
5: Healthy Choice Salad Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing. <i>*Above served with low-moisture, part-skim mozzarella cheese, and whole wheat dinner roll and the remainder of the meal.</i>

Questions or comments on the Foodservice Program?
 Please call Kevin Silvia
 Food Service Director
 Whitson's Culinary Group
"Bringing Fresh Ideas to the Table"
 781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
1.Chicken Tacos Grilled chicken served w/shredded Lettuce, cheese & Spanish rice 2.Italian Sub Seasoned Corn	1.Gloria's Pizza Whole Wheat Cheese Pizza Slice 2.Chicken Ranch Sandwich Cucumber wheels WLF Dip	1.Hot Dog & Pretzel All beef hot dog in a roll w/ mustard, relish & pretzel served w Baked Beans. 2. Chicken Caesar Wrap Cupped Fruit	1.Cheese Raviolis Pasta filled w/Ricotta cheese then tossed in Marinara sauce. Served w/ Breadstick 2. Turkey & Bacon Wrap Mixed Green Salad W/ Ranch Dressing	1.GloriasPizza Cheese Pizza Slice 2. Ham & Cheese Wrap Mixed Green Salad W/LF Dressing
1.Cheeseburger Sliders Mini burgers served w/ a side of Nacho chips & Salsa. Pudding w/ whipped cream 2. BLT & Cheese Wrap Fiesta Corn	1.Gloria's Pizza Whole Wheat Cheese Pizza Slice 2.Turkey & Cheese Wrap Carrot Sticks WLF Dip	1. Chicken Sandwich Chicken Patty w/ cheese lettuce & tomato on a bun w/roasted potato wedges 2. Tuna Salad Wrap Butternut Squash	1.Chicken Stir Fry Tender pieces of chicken tossed in fresh vegetable in an orange ginger sauce over white rice. 2. Veggie Wrap Served w/ Cupped Apple	1.Glorias Pizza Cheese Pizza Slice 2. Nacho Lunch Tortilla chips topped w/ LF cheese & Salsa Carrot Sticks w/LF
No School All Levels Brunch For Lunch!	1.Gloria's Pizza Whole Wheat Cheese Pizza Slice 2.Chicken Ranch Sandwich Celery Sticks W / Ranch Dip	1.Italian Meatloaf Meatloaf topped w/ Marinara sauce & cheese served w/mashed potatoes & 2. Turkey & Cheese Steamed Green Beans	1 Chicken Nuggets Breaded chicken served w/ Mashed Cauliflower 2.Turkey BLT & Cheese Wrap Steamed carrots	1.Glorias Pizza Cheese Pizza Slice 2. Veggie Wrap Garden Salad W/LF Dressing
1. Brunch for Lunch French Toast served w/ syrup, sausage patty. 2. Salami & Cheese sandwich Apple Crisp	1.Gloria's Pizza Whole Wheat Cheese Pizza Slice 2.Ham & Cheese on a Pretzel Bagel Celery Sticks W / Ranch Dip	Early Release All Levels	1.Veggie Tacos Taco shell stuffed w/ Mushrooms & Vegetables, shredded lettuce, sour cream & salsa Served w/vegetable soup 2.Caesar wrap	1.Glorias Pizza Cheese Pizza Slice 2. Turkey & Cheese Wrap Garden Salad W/LF Dressing

**If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.*